



# JACKSON WINK MMA ACADEMY CLASS SCHEDULE FOR 18 YEARS OLD +

(OPEN 24/7 GYM ACCESS TO ALL THE MEMBERS OVER 18 YEARS OLD)

www.jacksonwink.com  
info@jacksonwink.com  
(505) 900-3947

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EARLY DAY SESSIONS	STRENGTH & CONDITIONING GENERAL PUBLIC  18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	STRENGTH & CONDITIONING GENERAL PUBLIC  18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	STRENGTH & CONDITIONING GENERAL PUBLIC  18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	STRENGTH & CONDITIONING GENERAL PUBLIC  18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	STRENGTH & CONDITIONING GENERAL PUBLIC  18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	OUTSIDE CONDITIONING  ALL TEAM... ALL HANDS ON DECK!  ALL LEVELS, ALL PROGRAMS, AND ALL AGES with COACH JACKSON and ASSISTANT COACHES  10:00AM - TBD  MOUNTAINS, DUNES, HILL OF TEARS, FOOT HILLS, LA LUZ TRAIL, AND OTHER LOCATIONS!  LOCATION TO BE DETERMINED AND ANNOUNCED IN ADVANCE.  COMING SOON !!!	REST DAY	
	CARDIO KICKBOXING GENERAL PUBLIC  18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	CARDIO KICKBOXING GENERAL PUBLIC  18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	CARDIO KICKBOXING GENERAL PUBLIC  18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	CARDIO KICKBOXING GENERAL PUBLIC  18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	CARDIO KICKBOXING GENERAL PUBLIC  18 + YEARS OLD 9:30AM - 10:30AM COMING SOON			
	FIGHT CONDITIONING Coach Jackson	PRO SPARRING Coach Wink (B)	PRO WRESTLING Coach Villaseñor	PRO SPARRING Coach Jackson (M)	WALL/MMA LIVE WRESTLING Coach Jackson (M)			
	PRO / AMMY 10:00AM - 10:45AM	155LB - HWY 10:30AM - 11:15AM	PRO / AMMY ALL LEVELS & HIGH SCHOOL WRESTLERS  11:00AM - 12:30PM	155LB - HWY 10:30AM - 11:15AM	PRO / AMMY ALL LEVELS & HIGH SCHOOL WRESTLERS  12:00PM - 1:00PM			
	WRESTLING DRILLS Coach Lujan (M)			154LB - 125LB 11:15AM - 12:00PM				154LB - 125LB 11:15AM - 12:00PM
	PRO / AMMY ALL LEVELS & HIGH SCHOOL WRESTLERS 11:00AM - 11:45AM	AMMY SPARRING MMA FUNDAMENTALS Coach Villaseñor (B)		AMMY SPARRING MMA FUNDAMENTALS Coach Villaseñor (M)				
	GROUND 'N' POUND MMA FUNDAMENTALS Coach Villaseñor (M)	AMMY/PRO 12:00PM - 1:00PM		AMMY/PRO 12:00PM - 1:00PM				
	PRO / AMMY 12:00PM - 1:00PM							
	INVITE ONLY DRILLS & STRATEGY CLASS MONDAY THROUGH THURSDAY * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMMY FIGHTERS							STRIKING DRILLS FOR MMA Coach Villaseñor (M/B)
	Coach Wink INVITE ONLY DRILLS 3:00PM - 3:45PM All Weights	Coach Jackson INVITE ONLY DRILLS 3:00PM - 3:30PM All Weights	Coach Wink INVITE ONLY DRILLS 3:00PM - 3:45PM All Weights	Coach Jackson STRATEGY CLASS 2:30PM - 3:00PM INVITE ONLY DRILLS 3:00PM - 3:30PM	PRO / AMMY 1:00PM - 1:45PM			
GRAPPLING FOR MMA Coach Jackson					GRAPPLING FOR MMA Coach Jackson			
	PRO / ADVANCED AMMY 3:30PM - 4:30PM	PRO / AMMY ALL LEVELS 4:00PM - 4:45PM	PRO / ADVANCED AMMY 3:30PM - 4:30PM					
MID DAY SESSIONS	STRIKING (STAND UP FOR MMA) Coach Cruz (M/B)	STRIKING (STAND UP FOR MMA) Coach Villaseñor (B)				GLOVES REQUIREMENT FOR STAND UP TRAINING AND SPARRING:  * B - 16OZ BOXING GLOVES * B - 14OZ BOXING GLOVES FOR FEMALES * M - MMA SPARRING GLOVES 6/7OZ BOXING GLOVES FOR KIDS  REQUIRED GEAR FOR STRIKING SPARRING OR DRILLING CLASSES: BOXING/MMA SPARRING GLOVES, SHIN GUARDS, GROIN PROTECTION (MALES), MOUTH GUARD, KNEE AND ELBOW PADS, HEADGEAR (OPTIONAL)  WE HAVE ALL THE GEAR PACKAGES AVAILABLE FOR SALE WITH DISCOUNTED PRICES FOR NEW MEMBERS.  FITNESS WORKOUT AREA IS AVAILABLE ON PREMISES.  PRIVATE SESSIONS AVAILABLE FOR GENERAL PUBLIC.  DUE TO POPULAR DEMAND ALL SALES ARE FINAL. NO REFUNDS		
	PRO / AMMY ALL LEVELS 5:00PM - 6:00PM		PRO / AMMY ALL LEVELS 5:00PM - 6:00PM					
	JW'S JIU-JITSU JUDO FUSION (JJJF) (EVERYONE WELCOME)							
	JIU-JITSU	JUDO	JIU-JITSU	JUDO	JIU-JITSU			
EVENING SESSIONS	5:00PM - 6:00PM	5:00PM - 6:00PM	5:00PM - 6:00PM	5:00PM - 6:00PM	5:00PM - 6:00PM			
	AMATEUR MMA PROGRAM (ADVANCED THROUGH BEGINNER)							
	GRAPPLING ALL LEVELS 6:30PM - 7:30PM	STRIKING ALL LEVELS 6:30PM - 7:30PM	GRAPPLING ALL LEVELS 6:30PM - 7:30PM	STRIKING ALL LEVELS 6:30PM - 7:30PM	GRAPPLING ALL LEVELS 6:30PM - 7:30PM			
	<div>PRO MMA PROGRAM</div> <div>AMMY FIGHTERS WELCOME</div> <div>AMMY MMA PROGRAM</div> <div>PRO FIGHTERS WELCOME</div> <div>GENERAL PUBLIC</div> <div>EVERYONE WELCOME</div> <div>JW'S JIU-JITSU JUDO FUSION</div> <div>EVERYONE WELCOME</div>							

## PRO MMA PROGRAM

AMMY FIGHTERS  
WELCOME

## AMMY MMA PROGRAM

PRO FIGHTERS  
WELCOME

## GENERAL PUBLIC

EVERYONE  
WELCOME

## JW'S JIU-JITSU JUDO FUSION

EVERYONE  
WELCOME

GLOVES REQUIREMENT  
FOR STAND UP TRAINING  
AND SPARRING:

- \* B - 16OZ BOXING GLOVES
- \* B - 14OZ BOXING GLOVES FOR FEMALES
- \* M - MMA SPARRING GLOVES
- 6/7OZ BOXING GLOVES FOR KIDS

REQUIRED GEAR FOR STRIKING  
SPARRING OR DRILLING CLASSES:  
BOXING/MMA SPARRING  
GLOVES, SHIN GUARDS, GROIN  
PROTECTION (MALES), MOUTH  
GUARD, KNEE AND ELBOW  
PADS, HEADGEAR (OPTIONAL)

WE HAVE ALL THE GEAR PACKAGES  
AVAILABLE FOR SALE WITH  
DISCOUNTED PRICES FOR  
NEW MEMBERS.

FITNESS WORKOUT AREA IS  
AVAILABLE ON PREMISES.

PRIVATE SESSIONS AVAILABLE FOR  
GENERAL PUBLIC.

DUE TO POPULAR DEMAND  
ALL SALES ARE FINAL.  
NO REFUNDS